

# Alternative Living



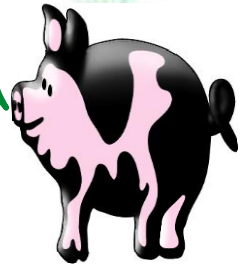
We Pray  
for You

**Change Your Life**  
**Change Your Heart**  
**Change Your Diet**



**No more killing**  
**Be healthy and loving**

Save our Lives!  
We Love You



## Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %
<ul style="list-style-type: none"> <li>Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.</li> <li>Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.</li> <li>The recommended daily allowance: 50 grams of protein (Average adult).</li> <li>Calcium from vegetables is more absorbable than from cow's milk.</li> </ul>	

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily,

**It's wise to change to a vegan diet for good.**

**It's Health**  
**It's Economy**  
**It's Ecology**  
**It's Compassion**  
**It's Peace**  
**It's Noble**



Long Life  
to You!

Thank You  
for Your Compassion



For more information, please refer to the websites listed below:

[AL.Godsdirectcontact.org](http://AL.Godsdirectcontact.org) or e-mail to [AL@Godsdirectcontact.org](mailto:AL@Godsdirectcontact.org)

[vrg.org](http://vrg.org)

[vegsource.com](http://vegsource.com)

**Supreme Master Television, airing only positive programming,  
will bring a new dimension into your life.**

Available worldwide as 24-hour live Internet TV at:

[SupremeMasterTV.com](http://SupremeMasterTV.com)